



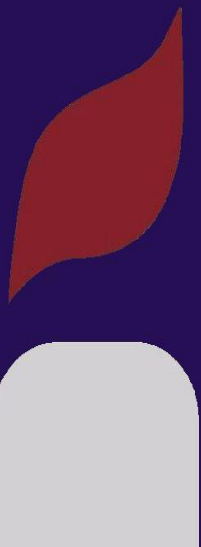
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Safe Slumber: Creating a Safe Sleep Environment

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SIDS Network of Kansas



10/5/2010

SIDS Network of Kansas--1-866-399-7437

Objectives:

- Define SIDS and SUID
- Discuss SIDS statistics in Kansas
- Understand theories related to SIDS
- Identify how to create a safe sleep environment
- Discuss the importance of maintaining a consistent sleep environment

2006 March of Dimes Peristats



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Kansas has the 3rd highest SIDS rate in the nation

The Kansas SIDS rate is 129.9 per 100,000 live births

The national SIDS rate is 54.6 per 100,000 live births

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is “the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including:

- performance of a complete **autopsy**,
- **examination of the death scene**, and
- **review of the clinical history.”**

National Institute of Child Health and Human Development, Willinger et al, 1991

What is SUID?

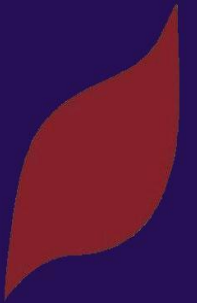


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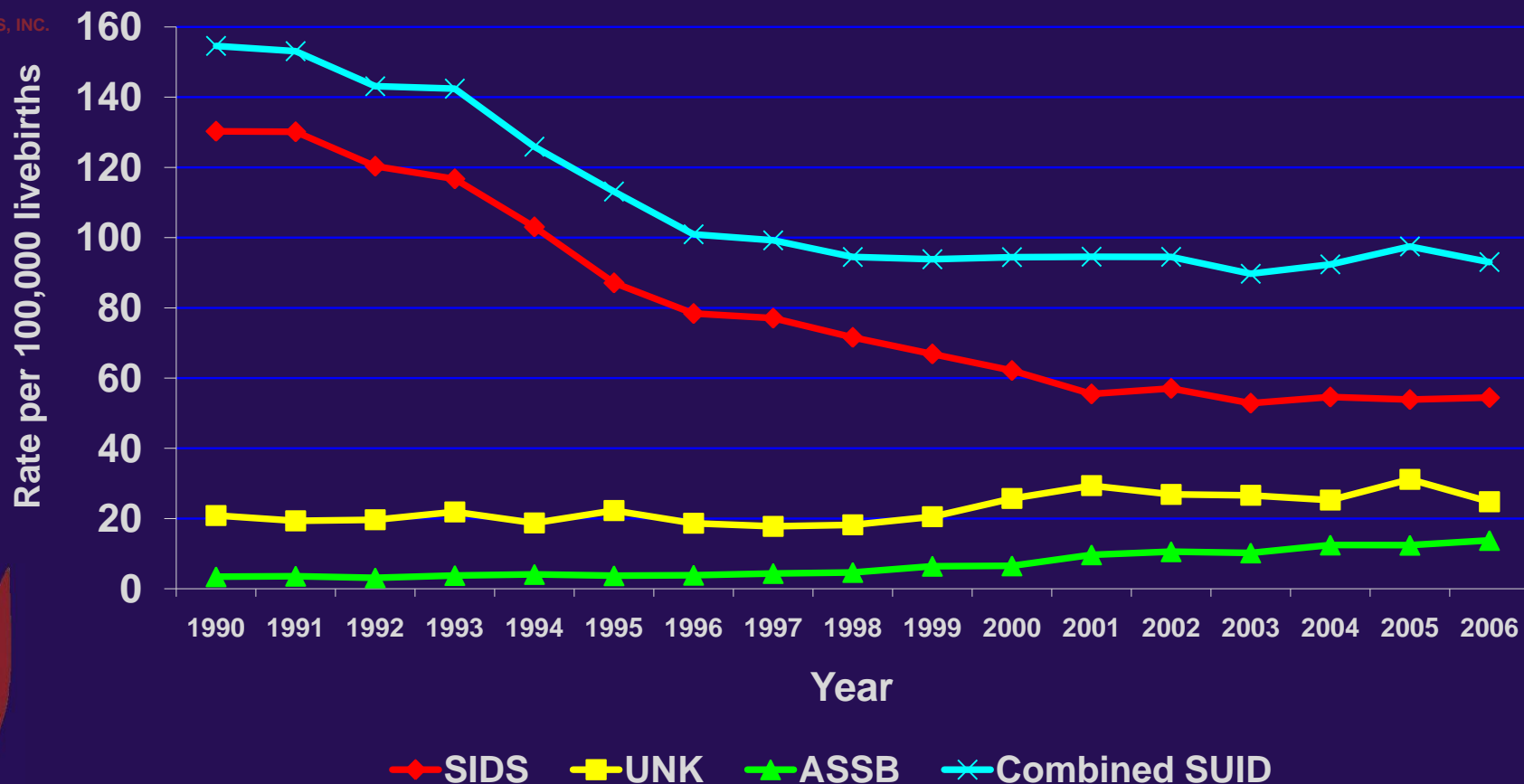
- SUID = sudden, unexpected infant death
- Group of infant deaths that occur suddenly and unexpectedly, and whose manner and cause of death are not immediately obvious prior to investigation

SUID includes

- SIDS
- Accidental suffocation
- Poisoning
- Metabolic disorders
- Hypothermia/Hyperthermia
- Neglect or homicide
- Unknown



Infant mortality rates due to SIDS, UNK, ASSB, and combined SUID, U.S., 1990-2006



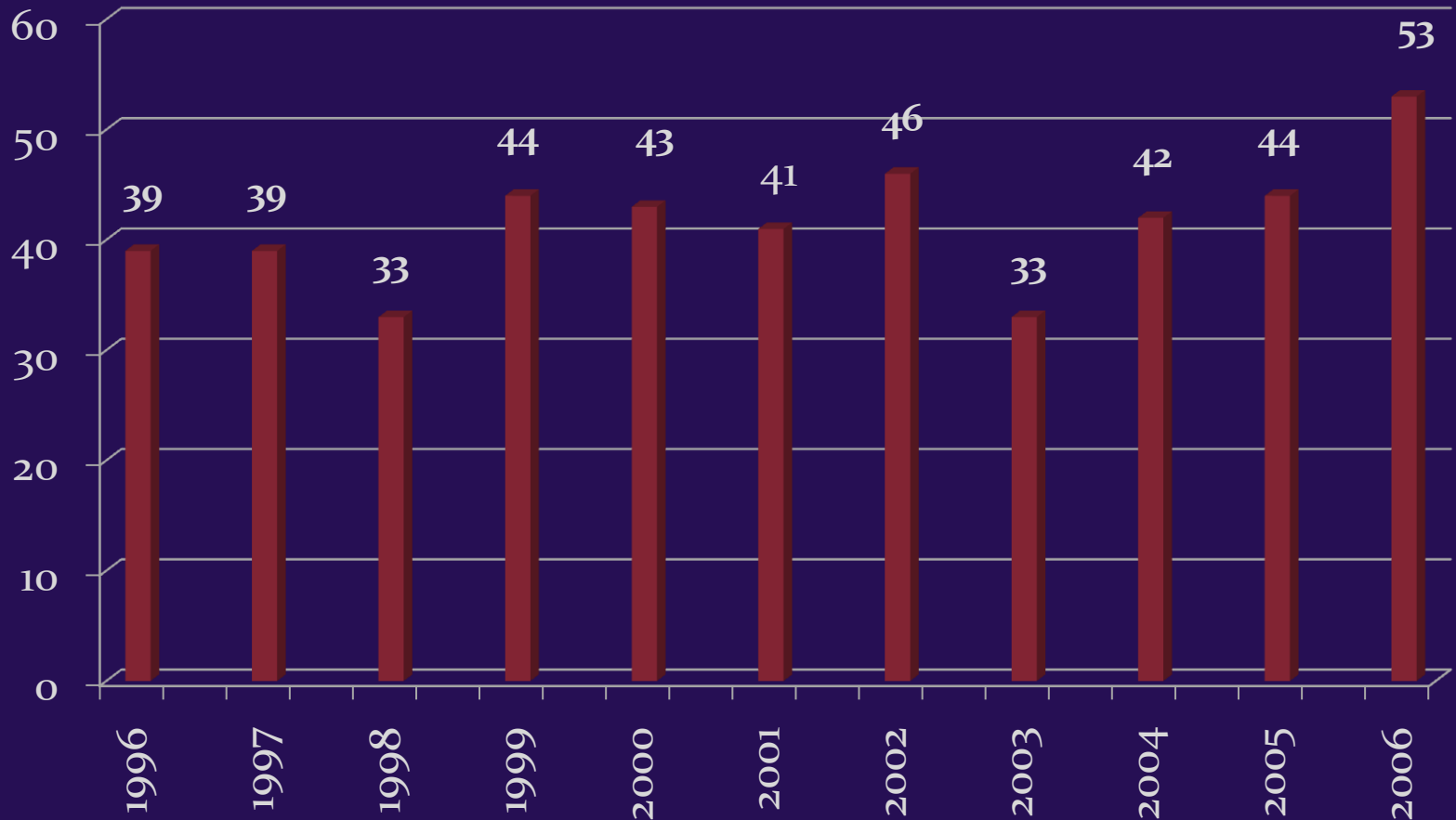
Definitions - SIDS: Sudden Infant Death Syndrome; UNK: Unknown cause; ASSB: Accidental Suffocation and Strangulation in Bed; Combined SUID: SIDS plus UNK plus ASSB

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1990-2006. CDC WONDER On-line Database, compiled from Compressed Mortality File 1990-2006 Series 20 No. 2L, 2009. Accessed at <http://wonder.cdc.gov/cmfi-cd10.html> on Oct 8, 2009 9:20:17 AM



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SIDS Deaths Kansas 1994-2006



Source: Kansas Vital Statistics

SIDS Mortality Rate by Race of Mother

1.	Native American	145.7
2.	African American	113.5
3.	White	45.6
4.	Hispanic	27.1
5.	Asian	18.5

Mathews, Menacker, and MacDorman, 2003 from U.S.
birth and infant death certificates.

Risk Factors for SIDS

- American Indian (more than 2x higher risk)
- African American (2x higher risk)
- Babies who sleep on their tummies (5 to 7x higher risk)
- Babies put on their tummies to sleep who usually sleep on their backs (as much as 18x higher risk)
- Mothers who smoke during pregnancy (3x)
- Babies who breathe secondhand smoke (2.5x higher risk)

SIDS in Child Care

Rachel Y. Moon, MD, Children's National Medical Center, Washington, D.C.

Approximately 20% of SIDS deaths occurred while the infant was in the care of a nonparent caregiver.

- 60% in family child care
- 20% in child care centers

Approximately $\frac{1}{3}$ of SIDS-related deaths in child care occur in the first week, $\frac{1}{2}$ of these on the first day.

SIDS

- Occurs to apparently healthy infants.
- Usually occurs while the infant is sleeping (nap time or night time).
- Can happen to **ANY** family, regardless of their race, ethnic or economic group.
- No identifiable reason; cause unknown.
- Unpredictable.

SIDS is not:

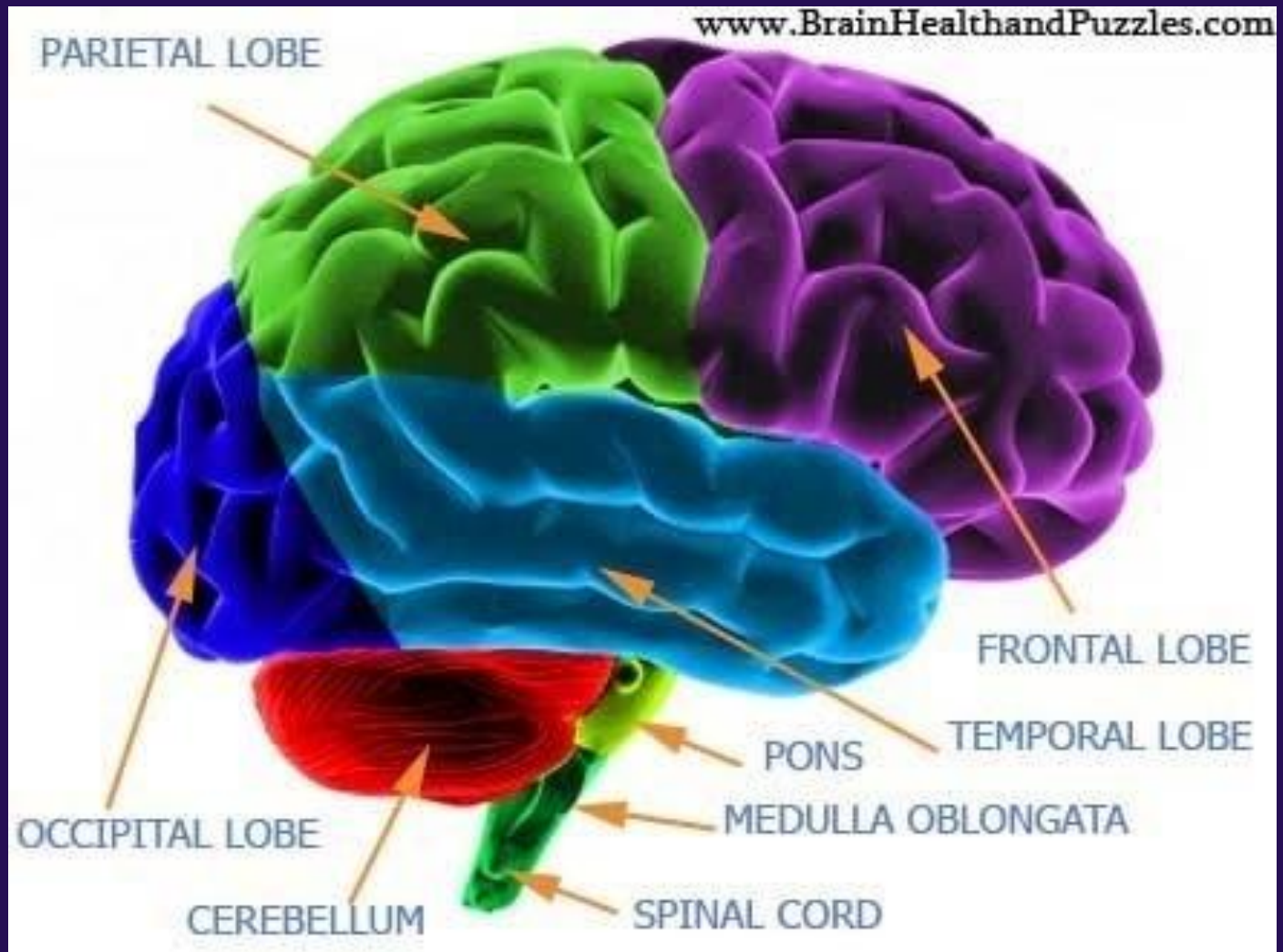
- Caused by spitting up, choking or smothering
- Caused by child abuse/neglect
- Contagious
- Caused by immunizations
- Caused by external suffocation
- The cause of every unexpected infant death

Triple Risk SIDS Theory

Hannah C. Kinney, Harvard Medical School, Boston

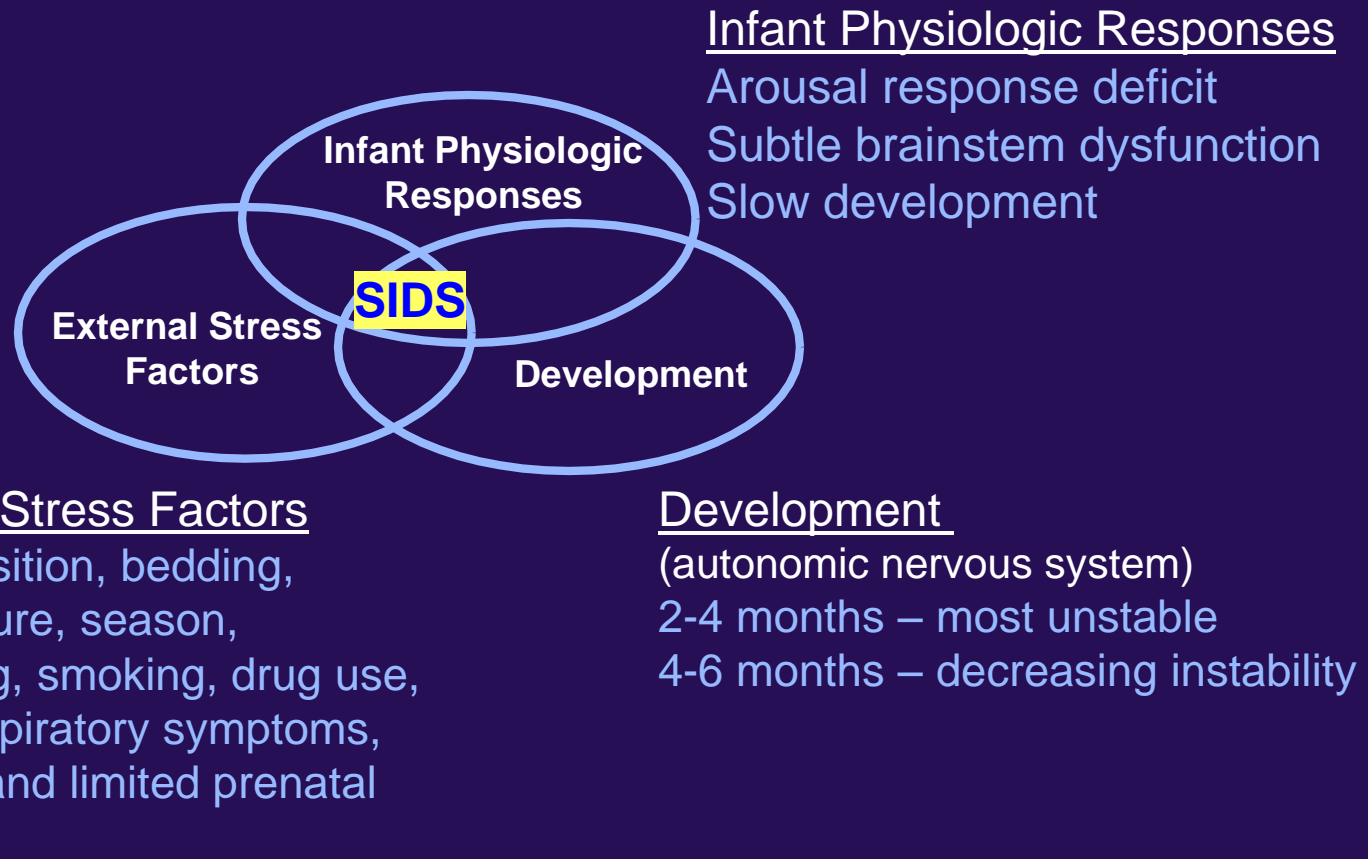
SIDS

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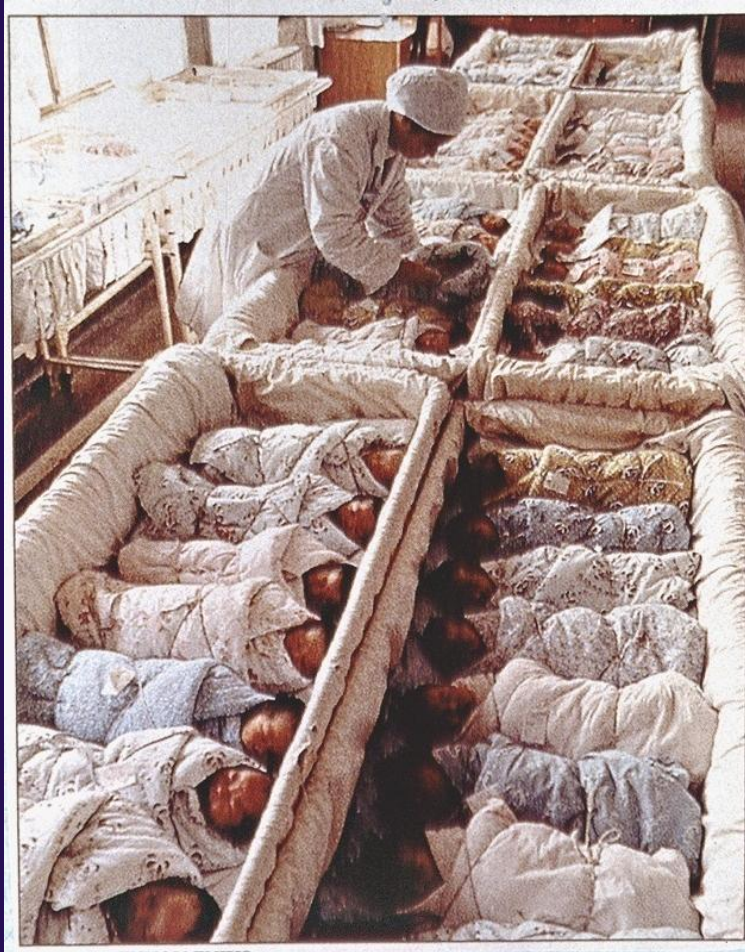


Triple Risk SIDS Theory

Hannah C. Kinney, Harvard Medical School, Boston



1996 AAP SIDS Statement

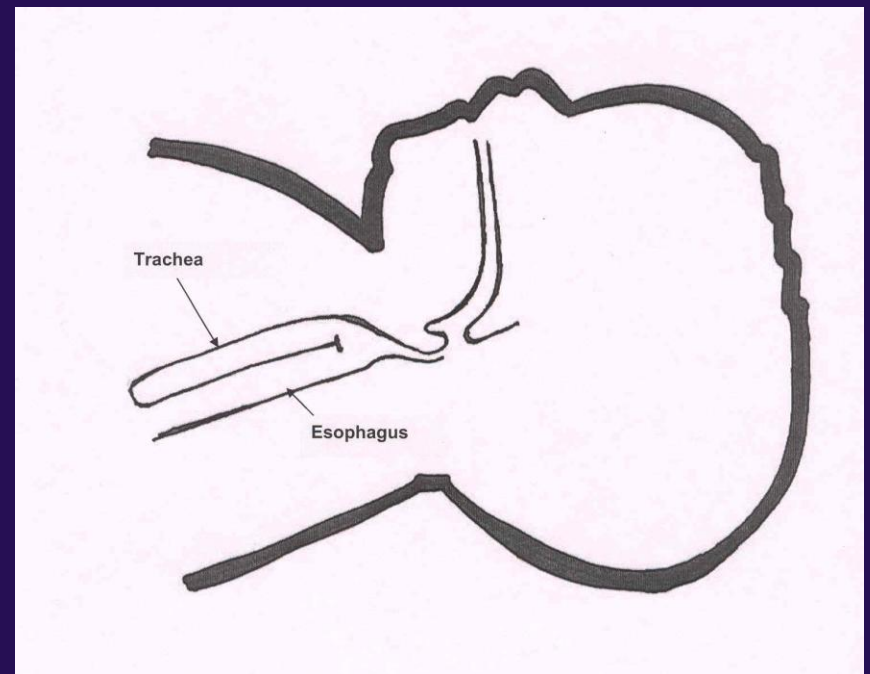
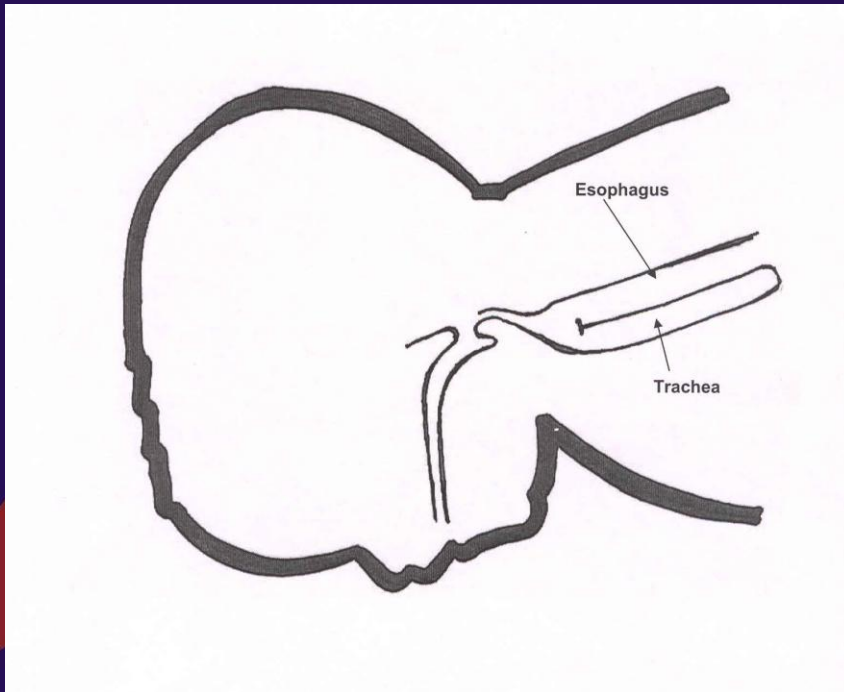


“Healthy term infants should sleep wholly on their back as the safest sleep position.”

"Positioning and SIDS: Update," Pediatrics, Vol. 98, No. 6, December 1996

Relevance of Anatomy

Supine



Prone

AAP Statement 2005

- Consider offering a pacifier at nap time and bed-time after one month of age.
- A separate but proximate sleeping environment is recommended.



"Changing Concepts of Sudden Infant Death Syndrome,"
Pediatrics, Vol. 116 No. 5, November 2005

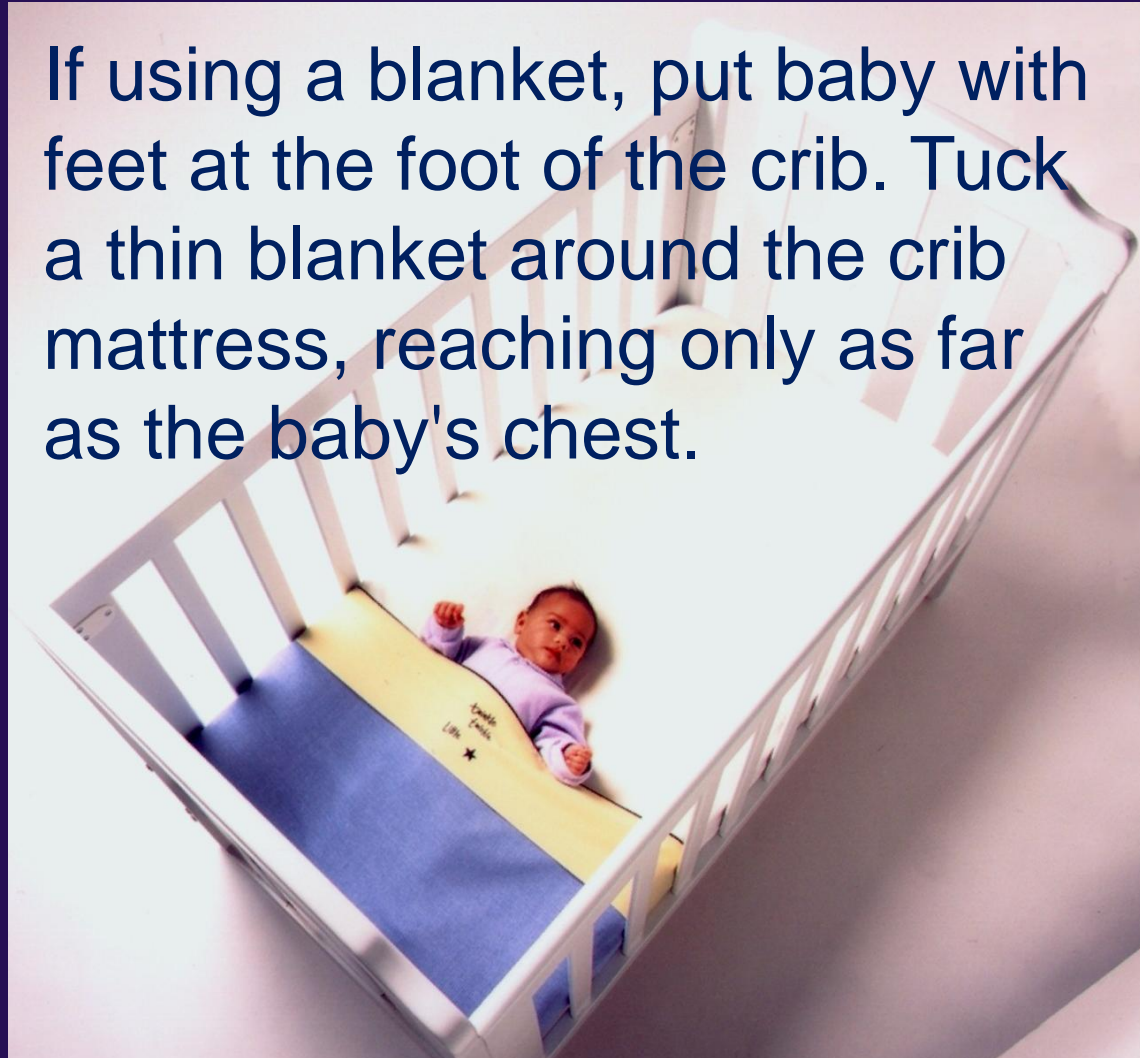
How to Create a Safe Sleep Environment

- Place baby on his/her back to sleep at nighttime and naptime
- Place baby on a firm tight-fitting mattress in safety approved crib



Creating Safe Sleep

If using a blanket, put baby with feet at the foot of the crib. Tuck a thin blanket around the crib mattress, reaching only as far as the baby's chest.



Sleeping Safely

Remove all fluffy and loose bedding from the sleep area

These include:

Pillows

Quilts

Comforters

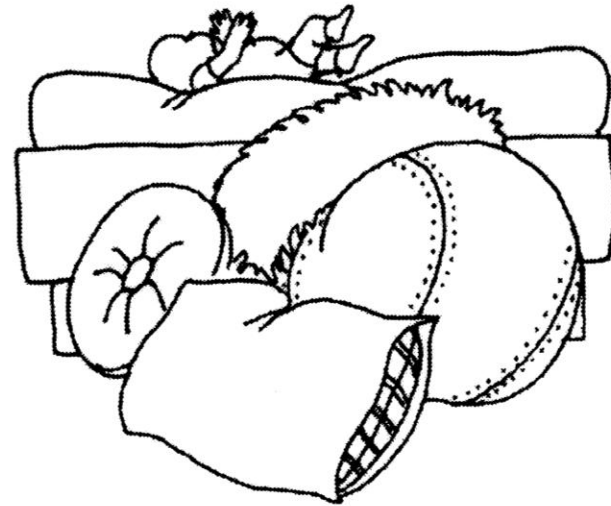
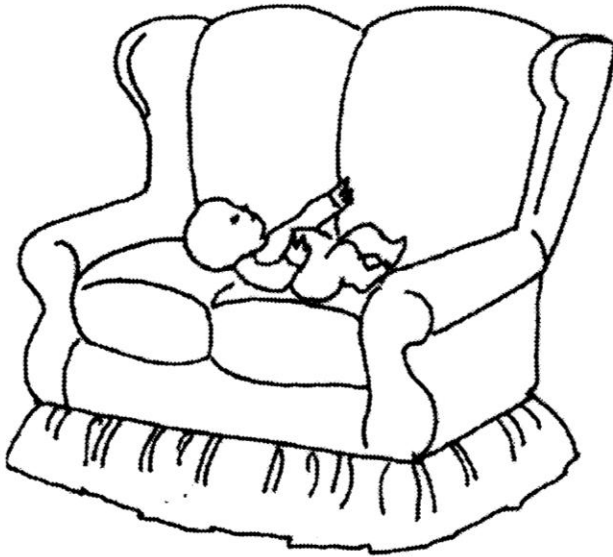
Sheepskins

Stuffed toys

Other soft products



Unsafe Sleeping Environments



Utah Department of Health Sudden Infant Death Program

Case #1

Placed down on right side



Found face/nose down

Case # 2



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Case # 2

Placed on right side, head resting on right arm



Found prone, head turned slightly to right

Case #3

Placed on left side with
wedge



Found
rolled forward & face down

Safe Sleep

- Make sure the baby's head remains uncovered during sleep.
- There should be one infant per crib.



Safe Sleep

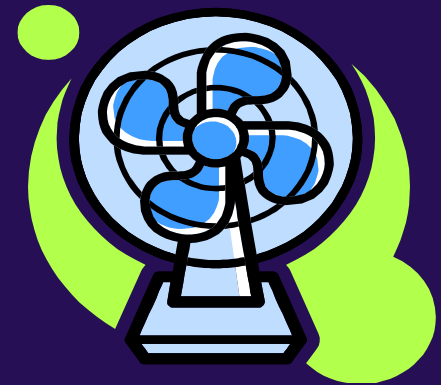
- Consider using a wearable sleeper or other sleep clothing as an alternative to blankets.



- Dress the baby in light sleep clothing

Safe Sleep

- Keep the room at a temperature that is comfortable for an adult (68°-72°)
- Encourage the use of a fan to keep the room well ventilated



Encourage Breastfeeding



No smoking around infants

- Go outside to smoke
- Wear an overcoat
- Removed the overcoat upon return
- Exposure to smoke in a room where babies sleep, is linked to an increased risk of SIDS.



“Tummy Time”



- Needed to develop strong muscles
- For babies who are awake and being observed
- Offered 2 to 3 times a day and increase the amount as the baby becomes stronger.



www.safesleepkansas.org



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Safe Slumber for the Child Care Provider Course is available online at: **ks.train.org**



English course ID #1014900
Spanish course ID #1016753



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